

The Spin



Colorado Safe Routes to School State Network

Volume 2, Issue 6

Celebrate Independence from Your Car

Welcome to the *The Spin*, a monthly e-newsletter brought to you by the Colorado Safe Routes to School State Network.

This month, *The Spin* encourages you to **Celebrate Independence from Your Car** and pledge your allegiance to active transportation. Included in this issue are: examples of local bike camps promoting an active lifestyle for children; information about the correlation between zip codes and physical activity; important grant opportunities and webinar dates, and an invitation to Denver's 3rd annual Viva Streets.

Do you ever ask yourself what you can do to promote active transportation? Set a great example to your children and community by joining the [Get Movin' Challenge](#) presented by Kaiser Permanente. Throughout the month of August, be a firecracker and get active for at least 30 minutes a day. Win prizes, have fun, and inspire your children to engage in physical activity everyday. [Register here now.](#)

Stories from Schools

Bikes For Life

In 2011, Children's Hospital Colorado and UnitedHealthcare launched [Bikes For Life](#), a program created to help kids develop healthy lifestyle habits through bicycling. Now in its third year, Bikes For Life will provide bikes and safety

In This Issue

Stories from Schools

Bikes For Life

Sizzling Summer Bike Program

The National Crosswalk

Zip Codes and Physical Activity

Cruisin' with CDOT

Share the Road, Friend
Safe Routes for Grants

Training Wheels and Webinars

Wildly Informative Webinars

Pedaling Programs and Funding Feet

Viva Streets 2013

[Subscribe to The Spin »](#)



training, provided by [Bicycle Colorado](#), to more than 300 children in the Denver-Metro area. This program also hosts community Bike Rodeo [events](#) that are open to the public!

Sizzling Summer Bike Program

Thirty Denver children participating in Boys and Girls Clubs and Beacons Clubs summer programs will receive bikes and bicycle safety training.

Children participate in weekly group rides as part of the summer bike club and are awarded the bike upon completion of the program. So far, bike club members at three camps have logged a combined 545 miles!



The National Crosswalk

Zip Codes and Physical Activity

Childhood obesity weighs on all of us; however, it doesn't weigh on us equally. According to the [2012 analysis of walkable communities](#), affluent neighborhoods are more likely to endorse and implement [Complete Streets](#) policies and procedures. Therefore, these communities have lower rates of obesity, asthma, and other health disorders. On the other hand, middle- and lower-income communities face more barriers regarding physical activity and general health and wellness. [Read Margaux Mennesson's blog](#) to learn more about the correlation between zip codes and the amount of physical activity communities can engage in, along with solutions to reduce the disparities that already exist.



Crusin' with CDOT

Share the Road, Friend

[Participate CDOT's public safety campaign](#) to 'Share the Road, Friend.' Whatever method of transportation you choose to reach your destination, make sure you are aware of other motorists, bicyclists, and pedestrians. We can all use roadways in a safe and friendly manner. View these [tips](#) to learn more about sharing the road.



Safe Routes for Grants

The [Colorado Department of Transportation \(CDOT\)](#) will be accepting applications for 2014 Safe Routes to School (SRTS) funding beginning August 1, 2013. Awards for both non-infrastructure (education) and infrastructure (capital) projects are available. Eligible applicants include schools, school districts, cities, counties, tribal entity, and/or any other

local or regional government entity. Non-profit organizations may apply by partnering with any of the above entities. This round of grants will be 100% federally funded (no local match required), so don't miss out!

A primary objective of SRTS programs is to educate and encourage communities to provide safe conditions for children to walk and bike. Colorado has one of the most sustainable SRTS programs in the nation. Each SRTS project selected must demonstrate in the application a strong commitment to program sustainability and ensure their SRTS efforts will continue long after their grant is concluded. These grants are also performance based where results are reported. CDOT's 2014 Safe Routes to School Applications is available online [here](#). The application deadline is December 6, 2013.

Training Wheels and Webinars

Wildly Informative Webinars

Join the [Safe Routes to School National Partnership](#) on July 22, 2013 in examining the details of the newly passed transportation law, MAP-21 (Moving Ahead for Progress in the 21st Century). Learn about how states are implementing the new Transportation Alternatives program that consolidates funding for bicycling and walking, the application process, and the newest player in the grant program: large Metropolitan Planning Organizations (MPOs). Register [here](#) for this upcoming webinar.

Also, [register now](#) for the August 1, 2013 webinar titled, *How Highway Safety Funds Can Boost Safe Routes to School: Tapping into the Highway Safety Improvement Program*.



Pedaling Programs and Funding Feet

Viva Streets 2013

For anyone in the Denver area, join [Bike Denver](#) and [LiveWell Colorado](#) for the 3rd annual [Viva Streets 2013](#)! A car-free parkway in the Berkeley Regis Neighborhood allows Denverites to enjoy the active culture available on all of our streets. The goal of this event is to



highlight the many benefits that come from increased walking and biking in our local communities. We welcome you and your families to celebrate physical activity and our city's street potential on August 11, 2013.

*The purpose of the **Colorado Safe Routes to School State Network** is to facilitate two-way information sharing and connecting among communities and organizations in order to lift up what is working, identify new opportunities and galvanize support for policy and culture change that will increase the number of students walking and biking safely to and from school in every Colorado community.*

[LiveWell Colorado](#) serves as the lead facilitator for the Network. Other members of the Network's steering committee include: [Action for Healthy Kids](#), [Bicycle Colorado](#), [Children's Hospital Colorado](#), [Kaiser Permanente](#), [Safe Routes to School National Partnership](#), and subject matter experts.

[Unsubscribe](#) • [Contact Us](#) • [Subscribe](#)